Southern Farm Show Set For February 2, 3, 4

The Southern Farm Show will be held at the North Carolina State Fair Grounds, Raleigh, N.C. February 2,3,4.

Details of this show appeared in the December and January issues of Progressive Farmer and Livestock Breeder Journal.

The show depicts equipment, supplies and services for Southeastern farming. There will be seminars and workshops on farm finance and management of farm equipment. Also entertainment, barbeque, livestock show and sale.

The Appomattox County Extension Office has received 50 complimentary tickets that are available on a first come basis, J. A. Smith, Extension Agent, announced today.

YOU HAVE A CHOICE

When you were growing up, you probably gave little thought to your heart or your health. But, now that you're older, you have the right to choose a healthy way of life for yourself and your family.

Researchers have discovered that high blood pressure, smoking, improper diet and obesity are factors that contribute to heart and blood vessel disease. They are called risk factors. By controlling these risk factors, your chances of heart disease can be dramatically reduced.

Every year more people die of heart and blood vessel diseases than from all other causes of death combined. You should be concerned because heart attack and stroke don't always happen to the other guy. In 1975, nearly one million people died of cardiovascular disease, and each of them was someone's son or daughter, mother or father, grandmother or grandfather.

Although heart disease is not hereditary, it does tend to run in families. Also, men suffer more heart attacks than women, with increasing age increasing chances of heart attack; and black Americans are more likely to have high blood pressure. These are factors you can't control.

But you can reduce the risk of heart attack and stroke by choosing a healthy lifestyle. Quit smoking, have your blood pressure checked, eat foods low in cholesterol and saturated fats, watch your weight and get regular moderate exercise.

The importance of controlling high blood pressure can't be overemphasized. High blood pressure is a *major* risk factor in stroke and heart attack.

Cardiovascular disease threatens your health, your happiness – your life. Exercise your right to choose a healthy way of life. For more information about your heart and controlling risk factors, contact your American Heart Association. They're fighting for your life.

CPR Means Life

Cardiopulmonary resuscitation. They're two long words that can mean life.

CPR, as it is often called, is a form of basic life support to keep a victim breathing, and keep blood circulating throughout the body, after a person has suffered *cardiac arrest* – that is, after the heart has stopped beating. This may happen as the result of an injury, suffocation or – most often – heart attack.

It is an emergency measure, used to keep a person alive until more advanced life support is available. It can be learned by almost anyone.

"We'd like to make CPR training available to all communities," commented the Chairman of the American Heart Association Emergency Cardiac Care Committee. "It takes a few hours to learn. It can mean a lifetime."

One million Americans each year suffer heart attacks. Almost 650,000 die from them – more than *half* before even reaching the hospital. The Heart Association believes that thousands of lives might be saved if CPR were more widely known throughout the country.

CPR involves a combination of mouth-to-mouth breathing and closed chest compression. It can be learned by supervised practice on mannikins designed especially for CPR training. It should never be practiced on a living person.

American Heart Association records indicate over 2 million persons, nationally, and over 75,000 persons in Seattle have been trained in CPR. In the first five years of an intensive training program in Seattle, 514 lives were saved – because someone knew cardiopulmonary resuscitation, and reacted quickly.

"Rapid action and presence of mind are most important in performing CPR," the Committee Chairman emphasized.

In order to prevent brain damage, he explained, CPR must be performed within the first few minutes after a victim has stopped breathing. Within 4-6 minutes after cardiac arrest, the brain will not receive enough oxygen to supply all its cells; in those parts of the brain where the cells are starved, they will start to die, and cannot be replaced. Cell death in other parts of the body will follow.

How can you learn CPR? Check with your local Heart Association. They may be able to give information on the CPR training class nearest you.

The local Heart Association will be holding its annual fund drive in February. All residents are urged to give generously when a volunteer calls on them.

Our Competitors Can Say A Lot, But They Can't Say As Much ...

AIR-GLASS

Is This Area's ONLY Exclusive ALL Fiberglass Pools

Air-glass Pools are molded in one piece of solid fiberglass so there are no seams to weaken and leak. The smooth walls are easily cleaned and will not support algae growth. The Air-glass dealer has no hidden cost- included in the price are built in steps, non-slip coping, skimmer, main drain, return inlets, hydrostatic valve, pump, filters, handrail and ladders- everything you need to begin your summer fun!

Carwile Construction Co., Inc.

Call Hunt S. Carwile or Joyce S. Carwile 525-7911, Appomattox, Va. CONTRACTOR INSTALLER

CHOOSE FROM THREE SIZES AND SHAPES

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - What are the requirements for a veteran to obtain medical care at a VA hospital?

A - Veterans discharged from active duty under other than dishonorable conditions who need treatment for service-connected disabilities, have first priority. Veterans needing medical attention for nonservice-connected disabilities may also receive treatment if they certify their inability to pay for such treatment elsewhere, and space is available.

Q - As a child of a veteran, I am receiving $292 per month under the VA's Dependents' Educational Assistance program. Will this be increased when I marry?

A - The law does not provide for additional allowances because of dependents in this program. But a cost of living increase effective Oct. 1, 1977, raised the monthly payment to $311.

Q - My uncle, who was receiving a pension from, the Veterans Administration, was recently sentenced to a year in jail. Who will get his pension now?

A - He will continue to receive his pension for the first 60 days he is incarcerated. If he has a wife or child his pension benefits may be continued to them as an apportionment.

Q - My husband is a veteran who added a total disability income rider to his National Service Life Insurance policy. He has been totally disabled for about five years and has been receiving $100 a month. How will this affect the face value of his basic policy?

A - It will have no effect. Benefits received under the total disability income rider will not decrease the face value of his National Service Life Insurance policy.

Q - I'm due to finish my Vocational Rehabilitation program soon. Will I receive any assistance from the VA upon completion?

A - Yes you will. Upon being placed in a rehabilitated status, you will receive a two-month lump sum payment of your subsistence allowance to assist you financially. The VA can also assist you in many ways in finding suitable employment. This assistance will be provided by your vocational rehabilitation specialist.

Q - Can a female veteran receiving GI education benefits claim her husband as a dependent?

A - Since October 1, 1972, female veterans have been entitled to claim their husbands as dependents.

Mrs. Brightwell's 4-H Club

Mrs. Brightwell's class had 4-H meeting on January 6, 1978. This was the first meeting of the new year. 4-H demonstrations were discussed and forms were issued for pine seedlings.

The program for the month was about health. We saw a slide set called "Happiness is Health."

Lisa Daubenspeck, Reporter

GOOD VISION Doesn't Cost . . . IT PAYS!

A. G. Jefferson INCORPORATED

For complete eye care Consult Your EYE PHYSICIAN Then See Your GUILD OPTICIAN

ALLIED ARTS BUILDING 3010 TATE SPRINGS RD LYNCHBURG, VA

GUILD OPTICIANS

Registered Opticians

•WHEEL ALIGNMENT •WHEEL BALANCING

Lawson Ford, Inc. Route 460 Appomattox, Virginia

Jaycees, We Salute You!

National Jaycee Week, Jan. 16 - 22

Believe In The Jaycees---Because They Believe---

That Service to Humanity Is The Best Work of Life.

THIS AD SPONSORED BY THE FOLLOWING MERCHANTS

Grumbacher Art Supplies Office Supplies

Wedding Invitations and Accessories

The Times-Virginian

Front Entrance

Something Different! Something New!

La Casa Grande

Gifts, Novelties, C.B.'s and Accessories

Hwy. 460 Appomattox, Va.

Try Our Delicious Chicken

When better chicken is hatched, Luv 'N Oven Will Cook It!

For a complete meal or a snack try the Luv 'N Oven

Rt. 460 Appomattox, Va Phone 352-5691

AMERICAN FEDERAL SAVINGS & LOAN ASSOCIATION

Appomattox County's Only Savings & Loan Office - Offering Complete Savings and Mortgage Loan Service Since 1925.

Triangle Plaza Shopping Center Phone 352-7168

WHITE AUTO STORE

Tires, automotive needs, household items, appliances, largest selection of toys in this area.

Phone: 352-8878

Triangle Plaza Shopping Center Appomattox, va.

J. E. Jamerson & Sons

BUILDING MATERIALS

Paint - Blocks - Woodwork

Cement, Etc.

Dial 352-2671

Appomattox, Virginia

H. H. Moore, Jr. Trucking co.

GENERAL HEAVY HAULING

Specializing in Lime

State Insured

Hwy. 460 - Appomattox, Va.

Phone 352-7371

MAUDE'S RESTAURANT

A Famous Restaurant... In A Famous Town...

We will be happy to arrange for DINNER PARTIES BANQUETS AND SPECIAL OCCASIONS EVENTS- CALL 352-7211 FOR RESERVATIONS.

"It's Better At Maudes"

Oscar Jamerson & Sons

PULPWOOD DEALER

Dial 352-5505

Appomattox, Virginia

LAWSON FORD, INC.

FORD SALES & SERVICE

Phone 352-8211

Appomattox, Virginia

Virginia Dealer License No. 2

Stop for a Treat That Can't Be Beat

TOP TREAT

HOME OF FINE FOODS!

Phone 352-7539

Route 3

Appomattox, Va.

IN APPOMATTOX, IT'S

KING'S SUPER MARKET

WHERE IT COSTS LESS TO SHOP

Triangle Plaza

Appomattox, Va.

FIDELITY AMERICAN BANK

YOUR AREA FULL SERVICE BANK

Appomattox, Virginia

GAINES JEWELERS

MAIN STREET - APPOMATTOX, VA.

WATCH REPAIR JEWELRY REPAIR

"Pleasing You, Pleases Us"

POE HDWE. CO., INC.

HARDWARE & ELECTRICAL SUPPLIES

DIAL 352-5575

Church street Appomattox, Virginia

JONES Extermination Co.

Are termites possibly eating away your valuable property?

We are Termite Specialists - Pest Control

Commercial - Residential - Industrial

TERMITE CONTROL

We cover the entire state-Reasonable Rates

Call for free inspection 846-7532

3129 Maryland Ave. - Lynchburg, Va.

JOHN MOSBY Inn Resturant

Attractive Private Dining Room

Civil War Decor

Catering For Any Occasion

Wedding receptions, graduation parties, private home parties, picnics, banquets, company parties.

For Reservations Call 352-5990

MARSH MOTOR SALES

USED CARS AND TRUCKS

P. O. Box 368

PHONE 352-5502

Appomattox, Virginia

Jen's Party Shop

352-2121 - - 207 N. Church St.

Appomattox

Cake Decorating Supplies

Pans, boards, doilies, novelty items, cake tops

Party Supplies - napkins, cups, plates, gift items

Cake Decorating Classes

GARRISS Upholstery shop

*Furniture Upholstery Modern & Antique

Wide Selection of Fabrics

*Sewing Machines - Sales and Service

Free Estimates - Call 352-7621

S. Church - Appomattox, Va.

PHELPS GARAGE

GENERAL AUTO SERVICE

USED CAR SALES

PHONE 352-7229

Appomattox, Virginia

The Easy Living Shop

FURNITURE TO MAKE YOUR LIVING EASY

Phone:352-5020

MAIN STREET APPOMATTOX, VA.

Jamerson Bros. Trucking Co., Inc.

Local and Long Distance Hauling

APPOMATTOX HDWE. CO., INC.

A COMPLETE LINE OF HARDWARES

APPLIANCES, PLUMBING, HOUSEWARE

Distributor of AMOCO PRODUCTS

FUEL OIL & GASOLINE

WILBUN'S SUPER MARKET

YOUR HOMETOWN SUPERMARKET

Specializing in Armour Testender Beef and quality groceries at budget prices.

Appomattox, Virginia

MOSES MOTOR CO., INC.

CHEVROLET AND JEEP

Sales and Service That Satisfies

Dial 352-3773

Appomattox, Virginia

"Let's All Go To The Dairy Queen"

Your Home Owned and Operated Family Restaurant

Ronald and Martha Paulette

Rt. 460 - Appomattox, Va.

Phone 352-7411

Dairy Queen

FARMERS NATIONAL BANK

Member F.D.I.C.

MEMBER FEDERAL RESERVE

Dial 352-7171

Appomattox, Virginia

ASCS Today

By Tom Conrad

Cattle Producers To See Better Times in 1978 - Dawson Ahalt, a spokesman with the U. S. Department of Agriculture, recently stated that "Prospects for cattle producers are expected to improve in 1978".

"Because of the ample corn supply in the U. S. we are already seeing enormous increases in placements of cattle on feed. We believe 1978 will see an end to the liquidation of cow herds," the Acting Chairman of the World Food and Agricultural Outlook and Situation Board noted.

Ahalt said: "We are already seeing a slowdown in cow slaughter that hints cow-calf producers will begin rebuilding their herds. This will tighten up the supply and lead to stronger prices in the second half of next year."

1978 Agricultural Conservation Program [ACP] - The signup for the 1978 ACP began on Mon., Jan. 16, and will run through Wed., Feb. 15. A newsletter has been sent to farmers in the county explaining the details and provisions of the program. If you think that you will be interested in the program, please check the newsletter and stop by the ASCS office between now and Feb. 15.

Emergency Feed Program [EFP] - We are still accepting applications under the EFP and will continue to do so through January 30, 1978. If you suffered a feed loss due to the drought, and are making feed purchases above what you would normally make, and do not have enough feed to last thorgh April 30, 1978, you may want to check on this program. Remember the January 30 deadline for signing up.

Disaster - We have had many farmers in the county to ask when their low-yeild disaster payment will be made. We are currently making payments as fast as possible, and these payments are made as the applications are finished being processed. As of last Thursday, 82 payments had been made in the amount of $22,729.33.

Flue-Cured Tobacco - Spring leasing of Flue-Cured Tobacco has begun. If you are leasing your tobacco for 1978, you will need to stop by the ASCS office with the person you are leasing to from to sign a lease. Also bulleting board space is available at the ASCS office for your leasing intentions.

Burley and Fire Tobacco - Burley and Fire Tobacco producers are reminded to return your marketing cards to the ASCS office when marketing is completed.

1978 Forestry Incentives Program [FIP] - Signup for the FIP will run through January 31, 1978. If you are interested in planting trees or improving a stand of trees, you may be interested in this program. A newsletter has been sent out explaining the program.

Local Assembly Hears Mr. Anderson

Mr. Don Anderson, director of Assembly organizations in Virginia and North Carolina was the special guest of the Appomattox Assembly last Wednesday at the Galilee Baptist Church. Mr. Anderson spoke on the development of the organization and its history and accomplishments since its beginning in 1968. He also explained some of the problems and solutions that the organization has gone through. He also gave a bright outlook for the future of Assembly work in Virginia in Virginia and North Carolina. All present were happy to hear and greet Mr. Anderson. Refreshments were served at the close of the meeting.

The annual church meeting of the Promise Land Baptist Church will be held this Saturday at 2 p.m. instead of 12 o'clock. All officers and members are urged to attend. The annual program of work for the New Year will be presented.

Despite the snowy and icy weather, impressive services were held at the Galilee Baptist Church last Sunday morning. The pastor delivered a very helpful message on the theme: "The Midnight Struggle". Beautiful music was rendered by the senior choir. A large number of visitors attended the service.

A special service will be held on the fifth Sunday morning in this month at 11 a.m. at the Galilee Baptist Church. The service will be given for the benefit of the Widow's Fund of the Church.

Plans were announced at Galilee Sunday for a special 3 p.m. service on the fifth Sunday in this month by the Third Liberty Baptist Church, Buckingham County. The pastor, Rev. R. Q. Lawing, Jr. and his Junior Choir will conduct the service. The program is sponsored by the Galilee Junior Choir under the direction of Mrs. Dorothy Stevens. The general public is asked to attend.

Regular preaching service was held at the Zion Baptist Church last Sunday at 11 a.m. with the pastor, Rev. L. E. Hankins, in charge. The Rev. Wyatt Venable assisted in the service. The Junior Choir rendered beautiful music. Rev. Hankins spoke on the subject: "God is Spirit." A large crowd of members and visitors were present. The offering for the day was very good.

The Zion Baptist Church Usher Board will hold its regular meeting at the church this fourth Sunday morning at 11 a.m.

The Deaconess Board of the Zion Baptist Church will celebrate its second anniversary on the first Sunday in February at 3 p.m. The Rev. E. R. Berryman, Jr., of Lynchburg, will be the guest speaker.

Deacon and Mrs. Frank Johnson were honored on their 39th wedding anniversary with a delicious dinner Sat., Jan. 14, given by the Mack family at the home of Deacon and Mrs. Ross Edwards. Mr. and Mrs. Frank Dungee were also guest.

Mrs. Mable Austin and Mrs. Mable Goode are receiving special treatment in the Lynchburg General Marshall Lodge Hospital.

Let us continue to pray for the sick everywhere.

Regular preaching service will be held at the Promise Land Baptist Church this Sunday morning at 11 a.m.

Deacon and Mrs. Bland of Third Liberty Baptist of New Canton is accompanied by Rev. and Mrs. R. Q. lawing, Jr. to the First Baptist Church in Lynchburg, Va. Sunday for special service. They were dinner guests of Rev. and Mrs. R. Q. Lawing, Sr.

1978 Railroad Festival - Voice Your Opinions

Dear Citizen:

Plans are now underway for the 1978 Railroad Festival. Since this event is presented for the community, public opinions, ideas and suggestions are very valuable.

The following questionaire is one means of communicating your feelings. Please send your completed questionaire to "Historic Railroad Festival, Box 644, Appomattox, Virginia 24522.

Although your signature is not necessary, it would be helpful in following up on your suggestions. If your suggestions are received before February 14, 1978, they will be reviewed at a Board meeting on that date.

1. Overall, did you enjoy the 1977 Festival? .....

2. Which Activity was most enjoyable? .....

Why? .....

3. If Festival events took place away from the downtown area, would you visit the other areas? .....

4. Since the Festival seems to be growing away from the railroad theme, do you feel that the name is still appropriate? .....

If no, please suggest a name. .....

5. Are there other activities you feel would be suitable to the Festival? .....

6. Prior to the Festival, were you made aware of various events through TV, newspaper, radio, posters and brochures? .....

7. Other suggestions and comments - feel free to attach additional sheets.

Name: (if you choose to sign) .....

Mail to Historic Appomattox Railroad Festival, Box 644, Appomattox, VA 24522.

Mrs. Bryant's 4-H Club

Mrs. Bryant's 4-H Class met on Jan. 11, 1978. Our president, Kevin Kendricks, opened the meeting.

Mike Knight led us in the 4-H pledge and Patricia Prince led us in the Pledge of Allegiance. Then our game leaders led us in a game.

Our secretary read the minutes of the last meeting. Mr. Sweet then showed us some slides. The meeting was then closed.

Kevin Garrett, Reporter

PAMPLIN

Mrs. R. P. Welch is a patient in the Coronary Unit in Lynchburg General Hospital.

Mrs. Walter Payne has returned home from Southside Community Hospital, Farmville.

John Wood, a student at VPI, son of Mr. and Mrs. Earl Wood of Colonial Heights, had the misfortune to break his leg last Friday. He underwent surgery on Friday night in Montgomery County Hospital, Blacksburg.

Mrs. Ray Purdue, of Rocky Mount, Va., visited her sister, Mrs. Wesley Hamlet, and Mr. Hamlet last week end.

Applications Accepted For Postal Employment

Applications will be accepted for Postal Employment, Laborer/Custodial positions, beginning 8:30 a.m., Friday, January 20, 1978 through 5 p.m., Friday, Feb. 3, 1978.

These positions are restricted by law to persons who are entitled to veteran's preference. Applications for this examination will be accepted from persons who are not entitled to veteran's preference, but such persons will be considered for positions only when persons entitled to veteran's preference are not available.

The competitive examination for Laborer/Custodial positions consists of a rating based on training and experience. A written examination is not required.

Additional information and application forms may be obtained at the Personnel Office, Main Post Office, Room 414, 3300 Odd Fellows Rd., Lynchburg, Va.

Eating Well – One of Life's Pleasures

Eating to your heart's content may be the best thing for your health – or it could be the worst.

"If it means eating foods which help to keep your heart healthy, it's great," commented an American Heart Association nutritionist volunteer. "But too many Americans think it means eating everything in sight."

Eating is one of life's great pleasures. And eating delicious, healthful foods can make it an even greater pleasure.

The Heart Association recommends a nutritionally balanced diet low in saturated fats and cholesterol, and with the right amount of calories to maintain ideal weight.

This is in direct contrast to the diet eaten by most Americans, which consists of too many foods high in saturated or animal fats and cholesterol. Such a diet contributes to the development of a major risk factor in heart attack – a high serum cholesterol level.

Excess levels of cholesterol in the blood can contribute to atherosclerosis, a form of hardening of the arteries. In this disease, cholesterol and other fatty deposits build up inside the walls of the arteries. Over the years, these substances continue to accumulate, narrowing the channels through which the blood flows. In the coronary arteries supplying the heart muscle, this process sets the stage for heart attack.

But the Heart Association believes the diet it suggests can slow down this disease process, by keeping cholesterol at a low level in the blood.

Eating for heart health means eating a variety of foods – lean meats, poultry, fish, fruit, vegetables, breads and cereals, low-fat dairy products – all tastefully prepared. "As a matter of fact, you can be a gourmet and be consctous of your heart health at the same time," commented the Heart volunteer. She cited the new edition of the *American Heart Association Cookbook* as an example of how one can appreciate the pleasures of eating well while eating right.

The new edition has over 500 fat-modified, low-cholesterol recipes. Each recipe lists an approximate calorie value per serving. This feature makes it helpful for persons who want to lose weight as well as for those who wish to maintain their present weight.

The Heart Association offers nutrition information as one of its many programs supported by Heart contributions. For additional information, contact your local Heart Association.

All residents are urged to give generously when a Heart volunteer calls during February – American Heart Month.

LIKE TO PAINT ?
We Have The Art Supplies !
The Times-Virginian

D. S. Nash Construction Awarded Road Contract

Twenty-four contracts totaling $21.6 million have been approved for award by the State Highway and Transportation Commission on the basis of low bids received during December.

D. S. Nash Construction Company and D.S. Nash, of Appomattox, have been awarded the contract for grading, draining, and paving 0.5 of a mile of 18-foot-wide roadway on an improved alignment on Secondary 646 in Buckingham County between US 60 and VA 24 near Mt. Rush. Total amount of the contract is $147,524.

WHEN YOUR OPTOMETRIST PRESCRIBES GLASSES AND YOUR REGISTERED OPTICIAN AT EHRICH'S Fills Your Prescription, You Also Get The Guidance Of A FASHION EYEWEAR CONSULTANT

No Wonder So Many Have Said- See EHRICH'S And See Better, See EHRICH'S And Look Better

To Avail Yourself Of Our COMPLETE SERVICE EHRICH'S 1107 Main street Lynchburg, Va. 24504

C & V MARKET

Phone 352-2233

Route 460 East - Old No. 3 Building

Appomattox, Va.

New Hours

7 A.M. to 11 P.M. - Mon. Thru Sat.

Closed Sunday

Quality Rite MILK $1.59 Gallon

80¢ ½ Gallon

5% Discount to Senior Citizens With Card

7 A.M. to 12 Noon - Monday thru Friday

FOOD STAMPS ACCEPTED

Self Service Gas - 24 Hours A Day

Complete line of groceries, frozen foods, dairy products, produce & meats

For All Your Meat Needs!!

C & V Will Have Custom Cutting Service, Sides of Beef, Quarters of Beef, Loins, Rounds or Rib For Sale

Discover THIS WEEK'S KEY VALUE!

100 Count KLEENEX TISSUES • 2 Ply. White Only.

Reg. 39¢ each FOR 25.7¢

BEN FRANKLIN

Triangle Plaza - Appomattox

Store Hours: Monday - Saturday 9 to 9.

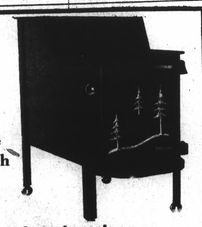
Sunday 1 to 6

FISHER HEATERS

Now In Stock

Buy now - while available

Heat your entire home with 6 sticks of wood per day



Come by and see a live demonstration

OPEN FRIDAY NIGHT UNTIL 9 8-5 DAILY, 8-12 SAT.

FURNITURE: NEW & USED, Modest Prices

FRAZIER'S APPLIANCE & SERVICENTER Rt 460 East - 10 Minutes From Lynchburg, Phone 993-3350

I'm in a hurry-----

---I've found just the right place, complete banking services, well-trained, friendly people who are willing to listen to my financial problems and then help. Come on---you've just got to meet them!

The Farmers National Bank

Downtown and Triangle Plaza Shopping Center

APPOMATTOX, VA.

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION

MEMBER FEDERAL RESERVE SYSTEM